



NORTHERN  
CALIFORNIA  
CHAPTER



BAY AREA  
AIR QUALITY  
MANAGEMENT  
DISTRICT



METROPOLITAN  
TRANSPORTATION  
COMMISSION



NORTHERN CALIFORNIA  
HUMAN RESOURCES  
ASSOCIATION



FOR BAY AREA COMMUTERS, INC.  
800-755-POOL  
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## Fast Facts

### The Bay Area's Best Workplaces for Commuters<sup>SM</sup>

- In 2002, more than 80 employers were recognized on the first annual Bay Area's Best Workplaces for Commuters<sup>SM</sup> list.
- The 150,000 commuters covered by last year's Bay Area's Best Workplaces for Commuters<sup>SM</sup> list will help reduce 105,000 metric tons of carbon dioxide per year, a reduction equivalent to planting 1.3 million trees each year.
- The list for 2003 is still being developed. Deadline for enrolling online at <www.bestworkplacesforcommuters.gov> or <www.bwc.gov> is August 29, 2003. The final list will be announced to the media on October 23, 2003.

### Local Commuting Facts

- More than 3.3 million people commute each day in the Bay Area, and more than 70 percent of them drive to work alone. (*Census 2000 Supplementary Survey*)
- The average annual Bay Area traffic delay per capita for 2000 was 41 hours compared to 27 hours nationally. (*Texas Transportation Institute*)
- In total, congestion cost the Bay Area \$3.2 million—\$795 per person—in 2000. (*Texas Transportation Institute*)
- More than 11 percent of Bay Area workers commute two hours a day—one hour in each direction. (*Census 2000 Supplementary Survey*)
- Bay Area residents perceive traffic as the number one regional problem. (*Bay Area Council's 2002 Quality of Life Survey*)

### Health Facts

- Research conducted in 1999 by the Centers for Disease Control found that “obesity and overweight are linked to the nation's number one killer--heart disease--as well as diabetes and other chronic conditions.” The report also states that one reason for Americans' sedentary lifestyle is that “walking and cycling have been replaced by automobile travel for all but the shortest distances.” (*October 27, 1999 issue of the JAMA*)
- Walking to work gives you a 20 percent less chance of getting breast cancer, a 30 percent less chance of getting heart disease, a 50 percent less chance of diabetes, and would help you live longer and healthier into old age. (*Nurse's Health Study, Archives of Internal Medicine; New England Journal of Medicine*)
- About 60 percent of Americans lead completely sedentary lifestyles, and 40 percent are clinically overweight. (*1998 report of the American Medical Association*)

*continued*

## The Bay Area's Best Workplaces for Commuters<sup>SM</sup> Coalition

Bay Area Air Quality Management District • Bay Area Council • Metropolitan Transportation Commission  
Northern California Human Resources Association • Northern California Chapter of the Association for Commuter Transportation  
RIDES for Bay Area Commuters • Silicon Valley Manufacturing Group • U.S. Environmental Protection Agency



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## Air Quality Facts

- Almost 70 percent of the Bay Area's carbon monoxide comes from motor vehicles. (*EPA Region 9; Bay Area Air Quality Management District Emissions Inventory*)
- For 20 to 30 days per year, air pollution levels in the Bay Area violate state and federal health standards. (*BAAQMD Emissions Inventory*)

## National Commuting Facts

- The average annual delay per peak-road traveler in 75 urban areas climbed to 62 hours in 2000 from 16 hours in 1982. The total cost of congestion in 2000 came to \$67.5 billion, which was the value of 3.6 billion hours of delay and 5.7 billion gallons of excess fuel consumed, not to mention lost worker productivity. (*Texas Transportation Institute*)
- Nearly 50 percent of workers describe their commutes as unsatisfying or stressful, and 36 percent say they would be willing to take a 10 percent pay cut or more for a shorter commute. (*HR Magazine Survey, Oct. 2001*)
- Employees with commuter benefits are 8 times more likely to use transit than those who don't have them. (*2001 Xylo survey*)

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